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READ UP ON TV'S BIG WINNERS {page 8}

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DISH {page 10}

OTTAWA metro®
Monday, August 30, 2010
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Ottawa bursts with Pride

- Parade 'a lot of fabulousness, tackiness and flamboyancy,' spokesperson says
- More than 75 groups participated in parade, which culminated in party at city hall

TRACEY TONG/METRO OTTAWA

▶ Revellers party it up at the Capital Pride parade yesterday. Over the last 25 years, Capital Pride has gone from fringe to mainstream, said parade spokesperson Lauryn Kronick. "It's a celebration of the political work that's been done over the last 25 years." More photos at metronews.ca/local.

Thousands of spectators lined downtown streets yesterday to catch a glimpse of a colourful spectacle that wrapped up another successful Capital Pride yesterday.

Marking the event's 25th year, Capital Pride was a huge success, said spokesperson Lauryn Kronick.

"We've had over 65 events with community partners, and they've all been really successful," she said.

Pride Week has "grown immensely" over the last 25 years, said Kronick.

The parade itself was one of the biggest yet, drawing participants including local politicians, OC Transpo, students and sports clubs.

"We've been participating in the parade for quite some time," said Ottawa police Staff Sgt. John Medeiros. "It's about having relationships with communities and groups."

Dressed in an English soldier's coat and a tutu, Toronto resident Ronaldo Sucupira wouldn't miss Capital Pride — he's attended the last eight years.

"I love it," he said. "People here are very, very friendly." ● TRACEY TONG

Politics

'We wait and see and watch'

- Liberals look ahead to resumption of Parliament as Ignatieff's bus tour nears end
- Election question looms over party again {page 4}

Big flavour in a small package

Rachael Ray dishes out trendy sirloin sliders {page 12}

Turn shyness into an asset

Social anxiety at office can be managed {page 15}

Family Guy, no holds barred

Controversial abortion episode coming to DVD {page 9}

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Program Objective

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Career Opportunities

Graduates of this program will have the opportunity to enter the workplace with the skills to perform the tasks carried out by employees within accounting departments such as Accounts Receivable, Accounts Payable, Billing, Payroll and Collections. Employers are looking for competent accounting and payroll professionals who are trained to effectively collect, record, organize and prepare financial records. An accounting background is one of the first steps into Business Management.

Accounting and Payroll subject matter includes:

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- QuickBooks
- Introduction to Payroll
- Human Resources
- Introduction to Business
- Effective Business Writing

Computer Skills

- Computer Fundamentals with Keyboarding
- Word Processing–Level 1 (MS Word)
- Spreadsheets–Level 1 & 2 (MS Excel)

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Program Objective

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Career Opportunities

Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

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- First Aid and CPR – Level C

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Rockcliffe. Wheels up

▶ Mike Potter, president and founder of Vintage Wings of Canada, prepares a vintage Mustang for the flight back home yesterday after the Classic Air Rallye held at Rockcliffe Airport this weekend. For more photos, visit metronews.ca/local

MARC DESROSIERS/FOR METRO OTTAWA

Aircraft galore at the Classic Air Rallye

Celebrating its fifth year, the Classic Air Rallye featured Westland Lysander planes, displays of Second World War-era aircraft, bush planes, the world's most advanced fighter jet, the Lockheed Martin F-35 Joint Strike Fighter, and more. Thousands attended throughout the weekend.

A Super farewell to Lansdowne

SuperEx — or the Central Canada Exhibition — has been held at Lansdowne Park every year since 1888 Last moment was signalled by a musket volley as the gates closed at 9 p.m.

TIM WIECLAWSKI
@METRONEWS.CA

It was a bright, sunny, hot day at Lansdowne Park yesterday.

For SuperEx, an event that lives and dies by the sun and rain, it was the perfect weather to celebrate its last day ever in the park.

When the weather was good, crowds were wonderful, said Lyn Presley, president of the Central Canada Exhibition Association.

When it rained, and there was some rain almost every day of SuperEx, things weren't so great.

Official attendance numbers will not be released until later this week, but Presley said she believes that more people may have come out because this is the last time the fair will ever be held at Lansdowne Park.

"We're just like the farmers. We're at the mercy of the weather."
LYN PRESLEY, CENTRAL CANADA EXHIBITION ASSOCIATION PRESIDENT

It had been over a decade since Dinah Goitom and Alex Berubé attended SuperEx. Since this was the last day ever at Lansdowne, they thought it would be fun to come down for the afternoon.

An announcement about the future site for the fair will not be made until later in the fall, but Goitom didn't think it would draw big crowds if it was moved to rural south Ottawa where the CCEA owns a large piece of property.

"South Ottawa is too far. Parents aren't going to want to send their kids way out there," she said. "This was good. It's in the core. It was safe and easy to get to."

1 news

Trapped miners will move thousands of tons of rock to aid their own escape.

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Kenya Hunt's street style spots chocolate accessories in London. More at metronews.ca/blogs

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Hopeful models. Get a lesson on Islam

▶ Some 200 women arrive at an event near the Libyan ambassador's residence in Rome yesterday, where Libyan leader Moammar Gadhafi will be staying.

ANGELO CARCONI/THE ASSOCIATED PRESS

Libyan leader lines up the ladies

Libyan leader Moammar Gadhafi gave a lesson on Islam and copies of the Qur'an to a few hundred Italian women in Rome. It was the second time Gadhafi, who fancies himself a self-styled feminist, had staged an event for Italian women, who were recruited by a modelling agency and paid an undisclosed sum to attend.

Iggy says he won't rush to force election

- Grits still trail Tories in polls by about three points
- But some fear inaction could negate recent gains

Michael Ignatieff has spent his summer "vacation" on a bus, travelling almost 40,000 kilometres to some 130 events in 10 provinces and two territories, pumping 11,000 hands and kissing countless babies.

Now to keep the momentum rolling once the wheels stop.

The Liberal leader will begin pondering that challenge the moment his bus pulls into its final destination today in picturesque Cape Breton, where he will meet his caucus to plot strategy for the Sept. 20 resumption of Parliament.

"People shouldn't underestimate me or underestimate our determination."
MICHAEL IGNATIEFF

And inevitably that means wrestling with the possibility of a fall election.

At last year's summer caucus retreat in Sudbury, Ignatieff rashly declared Prime Minister Stephen Harper's time was up — prompting a near-caucus revolt and a freefall in Liberal support.

He's not about to repeat that mistake. He's learned to be cautious.

"We wait and see and watch what the government does," Ignatieff said in an interview when asked about the prospect of an election.

He added he's "not looking for a confrontation."

Ideally, Liberal strategists would prefer to wait until spring, giving the Harper government more time to accumulate baggage, wrestle with a weakening economy and produce a promised restraint budget packed with painful spending cuts.

THE CANADIAN PRESS

Montreal musician has plan to contain crisis

A Haitian-Canadian musician wants to help the earthquake-displaced people in his homeland by spearheading the building of a village.

But Luck Mervil's project wants to build homes that will withstand any natural disaster by using retired shipping containers as the main building blocks.

Mervil plans to use 900 retrofitted containers to construct a new village fit for 5,000, erected on a parcel of previously uninhabited land near Leogane, a coastal city west of Port-au-Prince.

Mervil, a Haitian-born, Quebec-raised singer, has taken leave from a successful musical career to concentrate efforts on Haiti.

Mervil is behind a Montreal-based organization called Vilaj Vilaj, which aims to build sustainable, long-term housing in Haiti and potentially elsewhere.

"We came up with a solution where everything (we need) was already on the ground and part of the solution is that people are going to build their own village," Mervil said in a telephone interview."

THE CANADIAN PRESS

JACQUES BOISSINOT/THE CANADIAN PRESS

▶ Luck Mervil

Contained living

Container-buildings are a particularly good fit for Haiti because they are cost effective, easily convertible into larger structures and weather-proof.

1. The Canadian-designed village will consist of solid homes built with 40-foot and 20-foot containers — about 320 square feet of living space and running water and bathrooms.
2. A prototype home was built in Canada in about 10 days for between $8,000 and $10,000.
3. Mervil says the costs will be significantly lower in Haiti, and that Haitians should have no problem converting the boxes.

Man tries audacious transaction

Can you break a $1-million?

Not a chance. But the story is rich in audacity.

A man from the Ivory Coast is in police custody in Abu Dhabi after allegedly persuading a woman to try to exchange two phoney $1-million bills at the UAE's Central Bank.

Police say the suspect promised the woman a 30-per-cent cut after the bills were traded — presumably for U.S. bills or UAE dirham. The suspect was identified in press reports yesterday only by the initials A.B.

THE ASSOCIATED PRESS

Marchers denounce Philippines

An estimated 80,000 Hong Kongers marched yesterday in honour of eight locals killed in a bus hijacking in Manila, denouncing the Philippine government for botching the rescue operation and demanding justice for the dead.

Former Philippine police officer Rolando Mendoza commandeered a bus carrying a 20-member Hong Kong tour group visiting the Philippine capital last week, hoping to reverse his dismissal from the force on what he said were bogus robbery and extortion charges.

THE ASSOCIATED PRESS

Dictionary may not be reprinted

It's been in print for over a century, but in future the Oxford English Dictionary — the authoritative guide to the English language — may only be available online.

Oxford University Press, the publisher, said yesterday that burgeoning demand for the dictionary's online version has far outpaced demand for the printed versions.

By the time the lexicographers behind the dictionary finish revising and updating the latest edition, publishers are doubtful there will still be a market for the printed form. THE ASSOCIATED PRESS

Muslim states doing their part for Pakistan

Muslim countries, organizations and individuals have pledged nearly $1 billion in cash and relief supplies to help Pakistan respond to the worst floods in the nation's history, the head of a group of Islamic states said.

The announcement came as floodwaters inundated a large town in Pakistan and authorities struggled to build new levees with clay and stone to prevent one of the area's biggest cities from suffering the same fate.

Foreign countries have pledged hundreds of millions of dollars to help Pakistan cope with the floods, which started a month ago after extremely heavy monsoon rains. But some officials had criticized the Muslim world for not contributing enough.

Ekmeleddin Ihsanoglu, head of the Organization of the Islamic Conference, likely sought to counter that criticism by announcing yesterday that Muslims have pledged nearly $1 billion. The pledges came from Muslim states, nongovernmental organizations, OIC institutions and telethons held in Saudi Arabia, Turkey, Kuwait, the United Arab Emirates and Qatar, he said.

Ihsanoglu did not provide a breakdown of the pledges or say how much of the money would flow through the Pakistani government versus independent organizations.

THE ASSOCIATED PRESS

KEVIN FRAYER/THE ASSOCIATED PRESS

▶ A Pakistani girl displaced by flooding stands near her family's belongings after taking refuge on an embankment.

A new front

- **Breached levee** Floodwaters surged into the southern town of Sujawal yesterday after breaking through a levee on the Indus River two days earlier, said Hadi Baksh, a disaster management official in southern Sindh province.
- **Already gone** Most of the town's 250,000 residents had already fled.

5 years after Katrina, people recall chaos

But region's recovery still not complete ◗ Many residents left out of grants to help people rebuild

CAROLYN KASTER/THE ASSOCIATED PRESS

▶ U.S. President Barack Obama

Gulf Coast residents tried to put Hurricane Katrina behind them yesterday, marking its fifth anniversary by casting wreaths into the water to remember the hundreds killed.

But part of the catastrophe lives on, in abandoned homes still bearing spray-painted circles indicating they had been searched and whether bodies were found inside.

President Barack Obama joined those hailing the recovery made so far in New Orleans, which he said has become a "symbol of resilience and community."

In a neighbourhood that has seen little of that recovery, the Lower 9th Ward, it was the failures that seemed more apparent to residents. "It don't seem like much is getting done," said Charlene LaFrance, a 42-year-old teacher who watched commemoration events on Claiborne Avenue.

Obama, speaking at Xavier University, cited progress made in the recovery but added that there are still too many vacant lots, too many people unemployed and "too many New Orleanians who have not been able to come home." The recession and the Gulf oil spill have made it even tougher for the area to bounce back, he said.

THE ASSOCIATED PRESS

Alleged terrorist back in jail

A man arrested in an alleged homegrown terrorism plot will be held until at least tomorrow on unrelated assault charges. He was arrested Friday on domestic assault charges, released on bail, then rearrested. THE CANADIAN PRESS

Girl killed in skinhead attack

Russian news agencies say scores of skinheads have attacked about 3,000 people at a rock concert in central Russia, beating them with clubs. TV news channel Rossiya-24 said a 14-year-old girl was killed.

THE ASSOCIATED PRESS

Titanic expedition delayed

An expedition that is surveying the wreck of the Titanic is heading back to shore. Officials say high seas and winds brought on by hurricane Danielle are preventing researchers from carrying out their work. THE CANADIAN PRESS

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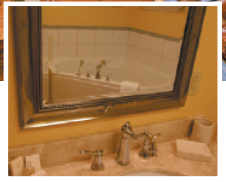

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Employment, manufacturing data to shed light

Two U.S. reports out this week will act as indicators of economic recovery Likely to set tone for September

Investors will be taking in major economic data this week that will give them a better idea of the pace of the American economic recovery.

For the coming week, investors are looking ahead to two of the most important reports that come out during any month — the U.S. non-farm payrolls report and the Institute for Supply Management's index on the U.S. manufacturing sector.

There have been fears that the ISM index could fall below 50, signalling a contracting manufacturing sector, after the Philadelphia Fed survey earlier this month showed a sharp drop.

105,000
Economists expect the economy ditched about 105,000 jobs last month.

But it's the non-farm payrolls report for August which is released on Friday that is most widely anticipated since "the employment number is the most timely comprehensive measure of the overall U.S. economy," said John Johnston, chief strategist of the Harbour Group at RBC Dominion Securities.

"And the reality is until we get some sustained decent job creation, we're not out of the woods. When you're creating 100,000 or less private sector jobs every month, you are dealing with an economy that isn't fully in a self-sustaining recovery yet."

Economists expect the economy ditched about 105,000 jobs last month, reflecting a large decline in temporary census jobs.

But they also forecast that this will be offset by the creation of about 50,000 private sector jobs.

In Canada, jobs data for August isn't released until Sept. 10. But investors will be looking to the latest reading on economic growth when Statistics Canada releases data for June and the second quarter. THE CANADIAN PRESS

Cast. Away

▶ A Blockbuster customer looks at movies for sale at a Blockbuster store in Santa Clara, Calif.

PAUL SAKUMA/THE ASSOCIATED PRESS

From blockbuster to just busted?

Blockbuster is said to be preparing to file for bankruptcy protection next month, according to published reports. Blockbuster's movie rental business has been hit by the rise of online competitors such as Netflix.

Market moment

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PRICES AS OF 4 P.M. FRIDAY

Electricity strike averted

A provincewide strike that had been set for today in Ontario's electricity transmission sector was averted after a deal was reached. THE CANADIAN PRESS

OTTAWA'S PATIO PURIFICATION PROJECT

Urban Compass

STEVE COLLINS

You could always be safer, always healthier. But how much of this should be your responsibility, and how much should be the law?

A researcher from the University of Guelph was here last week, measuring air quality on Ottawa patios. He found cigarette smoke, rather than dispersing in the open air, hangs around and makes the atmosphere as toxic as L.A.'s worst smog day.

So there you go. That's information you can use to decide whether a cold beer in the sun is worth 20 minutes' exposure to second-hand smoke.

But it's unlikely to end there. The urge to make people make the right choices, for their own good, is ever-present. The Ottawa Council on Smoking and Health is already readying a campaign to outlaw smoking on outdoor patios.

Smoking is a dumb, deadly vice, and some risk to bystanders seems evident, so the legal regime around tobacco is ever-tightening.

In Ottawa, where regulations are a local industry, we were a few years ahead of the province, passing a bylaw that banned smoking in bars and restaurants in 2001. The main opposition to this came from pub owners, whose obvious self-interest undercut their effectiveness as a lobby. Smokers, by and large, grumbled and rolled over.

"People don't go to bars for their health. They go to drink, talk foolishness, laugh, flirt, have grownup fun."

Personally, I opposed the ban. I don't smoke and wheeze through life on a fairly gimpy pair of lungs. My friends who smoke, however, are more fun when they can do so, and I resented the intrusion of more rules on the already regulation-rich pub environment. People don't go to bars for their health. They go to drink, talk foolishness, laugh, flirt, have grownup fun.

For all my past liquor libertarianism, though, I must shamefully admit I now enjoy coming home from a night out without reeking of someone else's cigarettes. Accompanying my nicotine-enslaved friends outside for their fix, I've found many more interesting conversations start up between strangers out there than inside. (I could probably have found something positive to say about the punctuality of public transit under Mussolini.)

Smokers already freeze outside on the curb for their habit all winter and now risk banishment from their last summer refuge — the patio. How long before someone realizes that beverages served there contain alcohol, another proven health hazard? What about the risk of skin cancer from sitting out in the sun?

Perhaps, for the good of the citizenry, we should just ban patios outright.

Cartoon

MICHAEL DE ADDER

Rules apply to everyone

Letters & Tweets

We asked: What's your biggest pet peeve?

DARTMOUTH. My pet peeve is those people who park in no parking zones if they're "just going to be a minute." Most of us are in that situation and choose to obey the law. What makes them so special? **PAM GIFFIN**

TORONTO. My biggest pet peeve is when people have something stuck in their teeth and they position their tongue behind the teeth and suck for dear life repeatedly — with no success. That sound drives me nuts! Why do they keep sucking? Get a toothpick or some dental floss please. **NICOLE MITCHELL**

TORONTO. My most hated pet peeve is the price fixing the government has been doing on booze and beer. **HENRY KAHRS**

TORONTO. Watching the downtown CEO's getting huge wages while the minions who work for them get next to nothing and put up with all the crap.

Watching celebrities use their income for drugs and booze while other people in the world are starving and living in filth. Put that addiction money to good use. **LINDA MAKARCHUK**

Sign, sign, everywhere a sign

CONTRIBUTED

What's a sure sign summer is ending?

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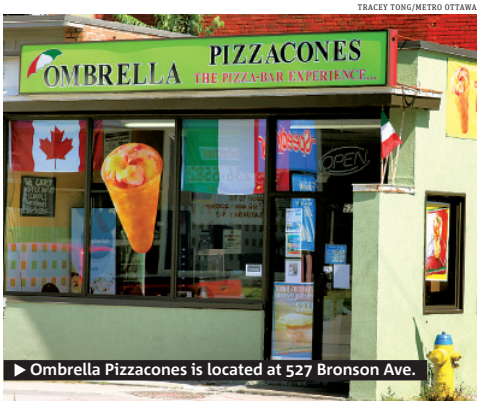
Metro Minute at Ombrella Pizzacones

Craving pizza, but not the mess — or having to deal with an unwieldy box? Giovanni Ottello-Erasmo has the answer. The inventor and owner of Ombrella Pizzacones-The Pizza Bar Experience, opened his newest location on Bronson Avenue just north of the Queensway earlier this summer. Swing by and pick up a personal pizza — shaped like an ice cream cone or a flat pizza with a stem — stuffed with your choice of dozens of toppings, from classics like pepperoni, tomatoes, mushrooms and olives, to more adventurous ones like eggplant, corn and spinach. If you've still got room after, pick up a dessert pizza, stuffed with fruit, whipped cream and topped with a cherry, to go. **TRACEY TONG**

TRACEY TONG/METRO OTTAWA



▶ Ombrella Pizzacones is located at 527 Bronson Ave.

2 scene

News in brief

1 Toy Story 3 passed $1 billion in worldwide ticket sales Friday.

2 Whoopi Goldberg's mother had a stroke on Friday.

3 Taylor Swift met George H.W. Bush in Maine after he watched her show. METRO

Want to know all the gossip and winners from last night's Emmy Awards? Scan this code

Funny business

Once considered 'viral' entertainment, online comedy is doing robust business with branded entertainment How the genre is making money Why big names are getting involved

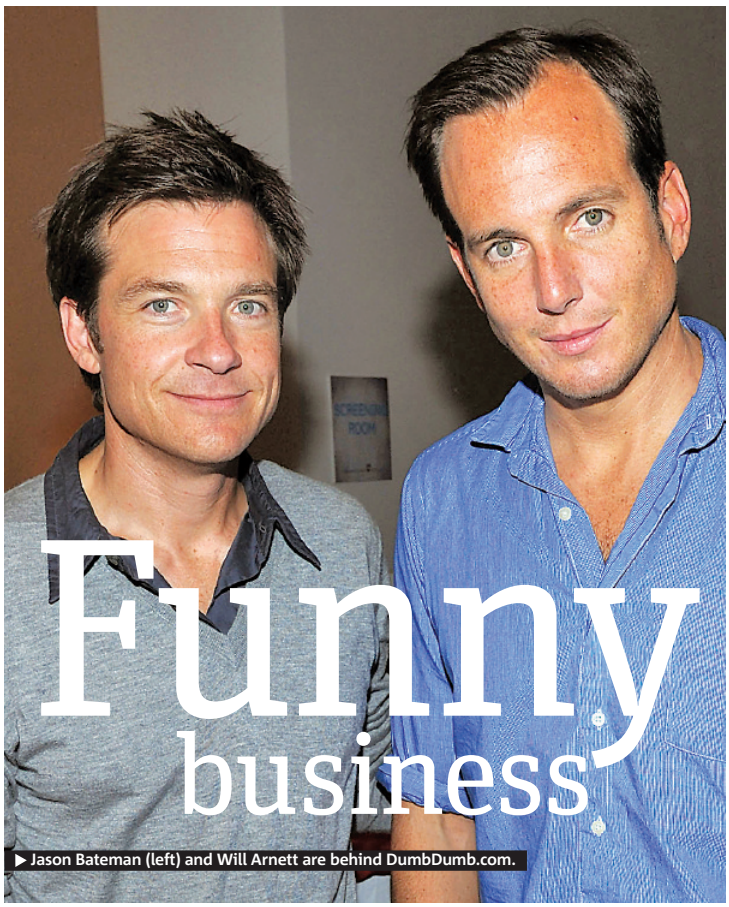
HEIDI PATALANO
SCENE@METRONEWS.CA

Prince claimed last month that the Internet is dead, but the 52-year-old singer may not be as tapped into the signs of the times as he once was. As more consumers head online to get their entertainment, so does the advertising money — and as we all know, money is power.

The recent launch of DumbDumb.com — a site developed by funnymen Will Arnett and Jason Bateman — seems to underscore a future of overtly-branded online entertainment, taking the place of traditional advertising. DumbDumb is a self-described comedic content, marketing and advertising company for which Arnett and Bateman develop skits that highlight brands like Orbit gum in key plot points.

"Will and I and our peers in the comedy world really like doing these things online, and if you can bring advertising into it, then you monetize that process and then you become a relevant player in the advertising world," Bateman explained in an interview with PaidContent.org. "The advertising world is looking for that nowadays since not a lot of people are watching commercials on TV anymore."

DumbDumb seems to be taking the next logical step beyond successful online comedy sites like FunnyOrDie.com and MyDamnChannel.com, which feature famous comedians and direct contact with an audience who provides valuable page views.



▶ Jason Bateman (left) and Will Arnett are behind DumbDumb.com.

GETTY IMAGES

Experts speak

▶ Jack Black portrays Jesus in a web video called Prop 8: The Musical

Where the advertising money goes:

▶ **"It's almost like** a brand as a producer rather than a brand as an advertiser or a sponsor," explains Doug Akin, Chief Engagement Officer at Mr. Youth, a strategic digital marketing firm. "Brands used to go to the agency and agencies created the content and distributed it to the media channels. Now, FunnyorDie.com and YouTube, they're saying, we can create the content."

A wet hot comedic summer

Rob Barnett, founder and CEO of MyDamnChannel, explains how their site keeps the financial gears greased.

"We have three different revenue streams; the first is advertising, which is split into two camps — display advertising and branded entertainment. The second category is the licensing of the last three years of our content to every digital platform that will pay us," he says. "The third revenue stream will kick in in the fourth quarter of this year: paid programming."

The format of the three to five minute sketch has been a success for MyDamn Channel — notably David Wain's Wainy Days series and You Suck At Photoshop. But the sketch is the least revolutionary element to online comedy.

Just ask a veteran, who was doing it before the Internet even existed, actor and comedian Michael Showalter. Showalter has recently launched a comedy series called The Making Of … on Babelgum.com.

"We don't need a network to have people see these things as long as they're cheap to do and fun."
MICHAEL SHOWALTER

"We were just making the videos for ourselves and showing them live to an audience," he says of his early sketches. "Then somewhere along the way, they kind of got picked up on the Internet, but we weren't at any point making them for the Internet." METRO

Emmys go Bad

Breaking Bad pair get best actor and supporting nods

Bryan Cranston's portrayal of a meth dealer in Breaking Bad and Kyra Sedgwick's role as a brassy deputy police chief in The Closer earned the pair top drama series acting Emmy Awards last night.

Cranston's honour was his third trophy for playing a high school math teacher gone wrong, while his co-star, Aaron Paul, earned his first award as best supporting actor for playing his partner-in-crime.

"During the time it took me to walk up here, I venture there were 200 text messages to the other nominees saying, 'You were robbed.' I cannot argue with that," Cranston said.

"Oh, this is the most ridiculous thing that has ever, ever happened in the history of this lovely awards show. I'm not funny!"
EDIE FALCO

Archie Panjabi of The Good Wife was honoured as best supporting actress in a drama for her part as a law-firm's in-house private investigator, as Emmy voters spread the riches widely among veterans and fresh faces.

Edie Falco of Nurse Jackie and Jim Parsons of The Big Bang Theory were honoured for their comedy series lead roles.

Eric Stonestreet of Modern Family and Jane Lynch of Glee were honoured for their comedy-series supporting roles.

Mad Men won its third straight best drama series award. THE ASSOCIATED PRESS

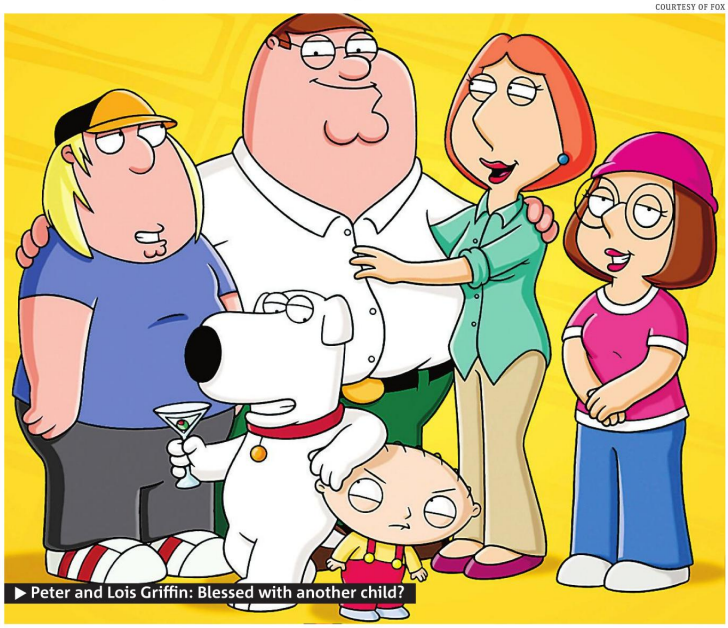
JASON MERRITT/GETTY IMAGES

▶ Breaking Bad co-stars Aaron Paul, left, and Bryan Cranston pose with their best supporting actor and best actor awards last night at the Emmy Awards in Los Angeles.

Family Guy — guts and glory

'Censored' episode coming to DVD Those who should maybe choose to pass include the uninitiated, faint-of heart, or anti-abortion crowd

COURTESY OF FOX



Peter and Lois Griffin: Blessed with another child?

Family Guy forbidden fruit will soon be available for plucking — at least, for fans prepared to pay $15 for a peek.

Partial Terms of Endearment, a never-seen episode of the racy animated series, will be available for sale on DVD on Sept. 28 from Twentieth Century Fox Home Entertainment — more than a year after the Fox network deemed it outrageous even by Family Guy standards and pulled it from last season's slate of episodes.

Since then, the episode, which will not be downloadable, has gained a sort of "banned-in-Boston" notoriety. Further upping the ante is its subject matter. Bumbling, moronic Peter Griffin and his patient but libertine wife, Lois, throw themselves into the abortion debate.

Most of the episode dwells on Lois (voiced by Alex Borstein) agreeing to become a surrogate mother for a friend who can't have a child. But after her friend and her husband are killed in a car crash, the Griffins are left with the difficult decision of whether to proceed with the pregnancy or not.

It's not as if the episode trivializes the debate. Oh, it's a big decision, Peter readily acknowledges. "But life is FULL of big decisions — like deciding whether or not to have Indian food."

To see the episode in all its cartoon glory is to conclude three things:

It's wickedly funny, no matter how offensive. It was never (at least, not in this lifetime) ever going to make it to the air of any commercial TV broadcaster. (Hmmmm. Was shooting it, then "censoring" it always a marketing ploy to super-charge DVD sales?)

And, finally, it's recommended only for the Family Guy faithful.

THE ASSOCIATED PRESS

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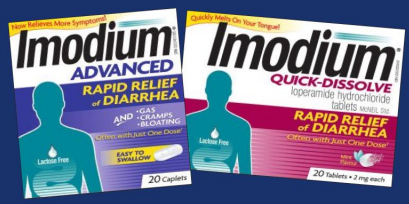

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What happens in Vegas? Well...

Police in Vegas stopped car over smell of pot Photographed, fingerprinted, then released

Paris Hilton's latest run-in with the law began when a motorcycle officer got a whiff of suspicious smoke emanating from a Cadillac on the Las Vegas Strip.

Suspecting the odour was marijuana, the officer stopped the car at 11:22 p.m. Friday and during a check, police say a bag of cocaine fell out of the 29-year-old socialite's purse.

The officer "followed the vapour trail and the odour of marijuana to the Escalade," police Sgt. John Sheahan said.

It's the second time this year that Hilton has been arrested on drug possession allegations, although authorities in South Africa dropped marijuana charges earlier this summer. In 2007, Hilton pleaded no contest to alcohol-related reckless driving and was sentenced to 45 days in jail.

This time, the hotel heiress was with her boyfriend, Las Vegas nightclub mogul Cy Waits, who manages a club inside the Wynn Las Vegas and was driving the black SUV.

Hilton was arrested on suspicion of felony cocaine possession.

Waits, 34, was arrested on suspicion of misdemeanour, driving under the influence of alcohol or drugs.

Sheahan said Hilton received no special treatment.

THE ASSOCIATED PRESS

LAS VEGAS METROPOLITAN POLICE DEPARTMENT

▶ This photo of Paris Hilton was released Saturday by the Las Vegas police department.

▶ Lindsay Lohan

Lindsay faced with lots of post-rehab temptation

Lindsay Lohan is doing her best to stay out of trouble now that she's out of rehab, but it isn't easy, according to Page Six. The troubled actress is reportedly turning down $150,000 offers to host parties at clubs and casinos. "It doesn't seem right. Lindsay just got out of rehab and prison, and certain casino owners are offering a ton of money for her to host a party and be around alcohol when she has specifically been told not to," a source says. METRO

Talking points

There's always hope

ONE LITTLE MISTAKE. Spencer Pratt still thinks he can patch things up with estranged wife Heidi Montag, despite a nasty breakup and his alleged attempts to sell a sex tape starring the pair and a Playboy playmate, sources tell TMZ. The former MTV reality star reportedly still loves his wife and thinks they just need "relationship counseling." As for Montag, the sources say she's on board with the idea. METRO

Drugs and rock 'n' roll

INSPIRING. After admitting to Vanity Fair that she used cocaine occasionally, Lady Gaga is speaking out again to defend her past drug use. "I really figured out the art I wanted to make and was inspired," she tells Q Magazine. "Some people find inspiration in dark places. I guess I'm one of them. What always made me different is that if I was doing drugs I was also making music. I wasn't just doing drugs." METRO

Lindsay Lohan [@lindsaylohan] Clearly.. Paparazzi shouldn't be allowed to take pictures or video while someone's driving or at a stop light. 4every1's sake

50 Cent [@50cent] I want everybody to know from the bottom of my heart I do not appreciate yal calling me crazy I'm special

Nicky Hilton [@NickyHilton] Apparently someone set up a fake facebook pretending to be my mom. So odd. I don't think she even knows what FB is.

Kanye West [@kanyewest] Yo why people gotta make they internet passwords so damn complicated???

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GETTY IMAGES

▶ Young celebrities like Justin Bieber can inspire your tweens through their philanthropy.

Celebs inspire philanthropy

It may be hard to get your children caring about the things that matter in life, but exposing them to philanthropic celebs might just do the trick

Celebrities make headlines daily for their philanthropic work urging others to get involved and do their part. The tween generation is a segment that is easily inspired by famous people. Tween role models such as Justin Bieber and Miley Cyrus are no exception when it comes to helping their communities and giving back. Although busy with their careers, these young stars still make time to volunteer and support charities.

Tweens — children aged 9-12 — are often unaware of the opportunities available to them and how easy it is to volunteer and get involved in charitable work. Parents can help their kids get involved by finding them initiatives that they can participate in. A good start for tweens could be volunteering at a local community centre or food bank, taking part in a park clean up or playing with pets at a local animal shelter.

Other ideas include:

- Helping to cook or serve a meal at a homeless shelter;
- Adopting a senior citizen "grandfriend" and writing him or her letters and visiting;
- Holding a door open for someone;
- Recycling;
- Baking cookies and bringing them to a local firehall or police station.

Volunteering is a great way for kids to learn that helping others can make you feel like a star.

NEWS CANADA

Humanity

Volunteering Another way is to enter a contest that helps make a difference. For example, from Oct. 4 to Nov. 12, Genworth Financial Canada and Habitat for Humanity are offering students in Grade 4, 5 and 6 the opportunity to share their thoughts about "what they love most about their home."

By entering the Meaning of Home Contest, students have the chance to help funds go towards the building of a home for someone deserving in their community. They will also enjoy 'celebrity status' by hosting a pizza party for their entire school.

Encourage your kids to enter the contest by logging on to meaningofhome.ca and having them write about what they love most about their home.

NEWS CANADA

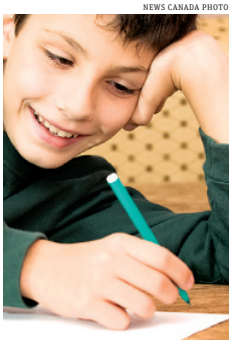
Encourage your tween to write

As any published author will tell you, becoming a good writer takes practice. When it comes to tweens, some smart tactics can do a lot to encourage their storytelling skills. Along with reading a lot, here are some other tips to encourage your budding talent:

- **Writing space:** Consider making a location in the home a haven for writing. Sometimes a simple desk and chair in a quiet area is all that's required.
- **Writing paper:** Stock a variety of paper sizes for different writing projects.
- **Writing tools:** Of course, be sure to stock paper and pens, and if you can afford it, consider a home computer.
- **Reference books:** Editing is also part of the writing process so a dictionary to check spelling, a thesaurus for better word choices, and even a rhyming dictionary can be a great help.

NEWS CANADA

NEWS CANADA PHOTO



Humility

Being thankful for your home

TWEENS It's a common occurrence to want more things in life and easily forget to be grateful for all that we have. Even having a roof over our heads is sometimes taken for granted. Passing along this message to tweens aged 9-12 who don't realize this, can be discouraging. Here are two tips that can help teach the importance of being thankful and expressing it in a meaningful way:

Set the Example: Parents have to model behaviour they hope their children will adopt as their own.

Volunteer: Why not take your next family vacation somewhere that will be a memorable experience while helping those less fortunate? NEWS CANADA

3 life

Party time!

Top party planning tips for parents

From treasure hunts to pass the present, classic birthday party games have never gone out of style, even if they are sometimes forgotten. Celebrating its 60th birthday, Minute Maid shares its tips on how keeping it simple is the life of the party:

- Keep it fun: There's a reason we played pin the tail on the donkey as kids (and so did our parents and grandparents) — it's entertaining.
- Make it yummy: Before they load up on cake, have healthy snacks and drinks available like a simple pizza with some veggies and 100% juice, will keep kids full and happy.
- Keep it simple: It's a special day that comes only once a year, but it doesn't have to be an expensive one. Work with your birthday boy or girl to get creative.

NEWS CANADA

ScanLife

Survey says, many Canadians preferred summer staycation. Scan code for news

Beer, chili and burgers

When Rachael Ray wants big flavour in a burger, she thinks small, itty-bitty bite sized servings

Though Rachael Ray considers herself an equal opportunity eater when it comes to burger varieties, her favourites are the trendy two- and three-bite versions.

Ingredients :

- 1 kg (2 lb) ground sirloin
- Montreal Steak Seasoning (by McCormick)
- 50 ml (1/4 cup) Worcestershire sauce
- 5 ml (1 tsp) dried marjoram
- 5 ml (1 tsp) dried thyme
- 30 ml (2 tbsp) ancho chili powder
- 125 ml (1/2 cup) beer
- 50 ml (1/4 cup) vegetable oil
- Barbecue sauce (see recipe on at Metronews.ca/food)
- 10 small burger rolls
- Spicy kirby cucumber slices (see recipe on at Metronews.ca/food)
- Oil-and-vinegar slaw (see recipe on at Metronews.ca/food)

"I make so many different types of burgers it's unfair to play favourites," Ray said in an email interview. "But I do believe the best burgers come in slider size. I am slider obsessed. They are easy to hold, easier to cook perfectly and the bun never gets soggy."

Ray offered a ground sirloin slider jammed with flavour from Worcestershire sauce, herbs, ancho chili powder and — for good measure — beer.

FILE PHOTO/THE ASSOCIATED PRESS

Preparation:

1. Heat a grill to medium.
2. In a large bowl, combine meat with steak seasoning (or salt and pepper). Add Worcestershire, marjoram, thyme, chili powder and beer. Mix.
3. Form mixture into 10 slider-sized (use your rolls as a guide) patties, then drizzle each with a bit of the vegetable oil.
4. Place sliders on grill and cook for 5 minutes per side for medium-rare, basting liberally with barbecue sauce as they cook.
5. Place burgers on rolls and top with cucumber slices and slaw. Makes 10 sliders.

THE ASSOCIATED PRESS

LARRY CROWE/THE ASSOCIATED PRESS

▶ Rachael Ray's, upper left, Brooklyn beer chili burgers.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

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Old magazines, junk get crafted into bowls, beads

Turn your pages into pretty things ◐ Non-profit groups and crafters in developing nations use paper-rolling as a means to learn business and entrepreneurial skills ◐ The practice is catching on in North Amercia too

THE ASSOCIATED PRESS

▶ A rolled-magazine basket project from The Big-Ass Book of Crafts by Mark Montano, a designer for TLC's While You Were Out.

When you're done with that magazine, don't toss it.

Clever crafters today are turning pages into pretty: beads, bowls, baskets, photo frames, mirrors and more. It's all made by rolling strips of shiny magazine paper, junk mail and other paper trash.

Some of the paper beads you can buy in craft and jewelry stores are made by women in developing countries.

A non-profit group called BeadforLife, in Boulder, Colo., for instance, trains Ugandan women in paper bead-making, then buys their finished jewelry for sale in the United States. Besides beading, the Ugandans learn business and entrepreneurial skills. They open bank accounts. And 18 months after joining BeadforLife's program, each graduate is expected to launch her own small business in her community.

Most succeed, says Torkin Wakefield, co-founder and co-director of BeadforLife. The non-profit has worked with more than 700 women since its 2004 inception, and paid nearly US$1 million to its jewelry makers last year.

"The problem with being really poor is you can't save or get ahead," says Wakefield. "The bead rolling gives them a steady income for all 18 months (of the program), so they don't have to worry."

Paper-rolling is also catching on among crafters in this part of the world.

Rebecca Douglas, 23, of Lansing, Mich., learned how to roll paper beads as a child living in Namibia, and returned to the skill years later out of financial necessity.

Paper beads can be made out of nearly any paper trash; Douglas prefers to use catalogues and other unsolicited mail.

"It's my quiet protest against junk mail," she says.

Douglas also fashions rolled paper into larger objects: a waste basket, a mirror. She snips off spirals from her paper rods to create delicate necklaces, which she sells from her Etsy shop, Reloved Designs.

All of her creations — and instructions for many of them — can be seen on her blog, RelovedDesigns.com.

Some were adapted from The Big-Ass Book of Crafts (Simon Spotlight Entertainment, 2008) by Mark Montano, a designer for TLC's While You Were Out.

"I've kept my hands busy for so long now they can't handle not doing anything," says Douglas.

Another paper-beading fanatic is Janice Bautista, 52, who owns Aubrey's Beads shop in Glendora, Calif., and sells beads and jewelry online. She calls herself "the Paper Bead Princess" in the profile at her Etsy store, Janicemae, and posts a new use for paper beads daily on her blog, Paper Beads.org.

Bautista is crazy for the colours and shapes of paper beads, but it's the element of surprise that really grabs her.

"When you're rolling it, you'll slowly see the beads come to life," Bautista says.

Bautista has a sister in the Philippines, an avowed non-crafter who caught the paper-beading bug, then shared it with others. Now the sisters employ about 50 bead-rolling women in Quezon City, and Bautista receives about 200 36-bead strands a month to sell at her shops.

"It's driven by the idea of helping the women have jobs," Bautista says.

THE ASSOCIATED PRESS

Online

- http://paperbeads.org
- abreysbeads.com
- beadforlife.org
- etsy.com/shop/janicemae
- etsy.com/shop/relovedde-signs
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THE ASSOCIATED PRESS

▶This undated photo provided by Rebecca Douglas, of Lansing, Mich., shows a necklace she made with beads made from catalog pages.

Get rolling with junk mail

To get rolling, a few supplies help: paper, a rolling tool, glue or a glue stick, scissors and a water-based sealant, such as Polycrylic by Minwax.

Both Bautista and Douglas recommend recycling waste paper, and Bautista suggests experimenting with nontraditional paper, such as cat litter bags, which are sturdy. Rolling tools can be purchased at craft stores, but Bautista and Douglas recommend working with items in the home: a coffee stirrer, a toothpick, a pencil, even your finger. The larger the rolling tool, the larger the bead hole will be.

Bautista mostly relies on her tapestry needle, while Douglas uses her grandmother's metal, narrow-sized knitting needle, which she also uses to roll the rods for her spiral jewelry.

Many online sites, such as those listed below, offer paper-bead-rolling instructions, but it comes down to simply cutting a long strip of paper — preferably wider at one end; rolling it around the rolling tool (from wider to narrower end); gluing it; allowing the glue to dry, and sealing the bead.

Bautista says it's just about the easiest craft to teach.

Douglas suggests starting by hoarding junk mail.

"Start getting excited when you get catalogues in the mail for stuff you don't want," she says.

THE ASSOCIATED PRESS

DIY GLASS CLEANERS

LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

QUESTION:
I tried switching to a safer, non-toxic glass cleaner but ended up with streaks and smudges. What's the deal?

Britt from Toronto

If you've been using conventional glass cleaners, you should take one small step before making the full leap to safer products. First, you need to clean up the toxic gunk traditional brands leave behind.

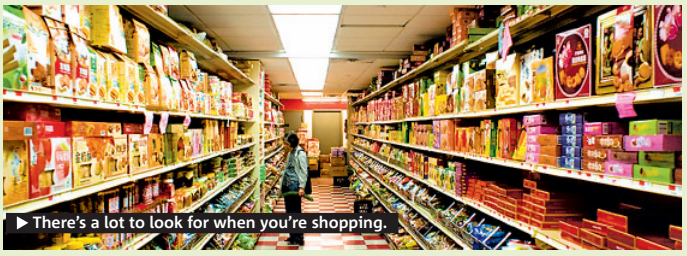
Grab a spray bottle and mix a five per cent solution of hydrogen peroxide to water. Spray onto the glass and mirrors in your home, and voila! This mixture will cut through the waxy film. Now you can start using safer products, especially products without ammonia (the vapours can irritate eyes and lungs).

Before you start shopping for an alternative store-bought brand, try this easy glass-cleaner recipe: one-part water to one-part white vinegar. For the more refined, a can of club soda added to a spray bottle will do. These cheap green cleaning solutions can be wiped off with yesterday's newspaper. You can even use this column once you're done with it!

▶ Clean up using safer, greener glass solutions.

Green ideas

WHAT TO LOOK FOR ON A LABEL



▶ There's a lot to look for when you're shopping.

1 **Eco labels.** State the environmental impacts of a product throughout its average lifecycle — from production to use and disposal.

2 **Energy labels.** Rating system for energy efficient products that cause minimum impact on the environment. Household appliances such as fridges, freezers, washing machines, tumble driers, dishwashers, ovens, light bulbs and air conditioners. Products are generally given a rating between A and G — A being the most efficient.

3 **Green labels and claims.** These are designed to help consumers choose products that cause the least harm to the environment. Unfortunately, these labels and claims tend to be unclear and vague.

4 **Organic labels.** The meaning of the word 'organic' is one that has been defined by law. Organic farming for example carries strict guidelines on the artificial chemical fertilizers and pesticides used in the process. Organic standards don't just apply to food, but textiles, cosmetics and wood products as well.

5 **The wider world.** These schemes aim to provide sustainable livelihoods as well as protect the ecosystem and biodiversity of the country they originate from.

ROMINA MCGUINNESS/ METRO WORLD NEWS

There's a story behind every piece.
see the BIG fair trade PICTURE
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A little humility goes a long way.

Nothing to brag about

Put your best foot forward on the first day, but don't flaunt your skills

DREW HINSHAW
LIFE@METRONEWS.CA

You may want to flaunt your exquisite work ethic, but know what's expected. "Have a specific meeting with your direct boss," Pollak says. "Ask, 'What will be a home run for the first 60 or 90 days?'"

The thrill of a new job — ah, the crisp collared shirts and even crisper employment forms to autograph — can come with a newfound burst of career adrenaline: This is your new world to conquer, a chance to work harder than ever, for sure. But be careful — career counselors warn that the urge to make a banging first impression can be its own trap. "You don't have to go in there proving yourself," says Barbara Frankel, a leadership coach with Career Counselors Consortium. "Just listen and learn."

It's a conundrum: You're hired for skills and knowledge you've picked up elsewhere — all well and good. But resist contrasting your old workplace to the new. "Wait to be asked," Frankel suggests. And while you may have fresh observations to offer, hold back. "Write them down in a journal, but don't do anything with them," Frankel says. "It will be interesting six months from now."

Meanwhile, get comfortable. "Read the company's website. Start subscribing to industry newsletters," says careers blogger Lindsey Pollak. "Walk around the building. Find the bathroom. You'll want to feel like you belong."

Turn on the charm: "Be appreciative to everyone around you," Frankel adds. "Learn names quickly. Smile and greet people each day."

Being shy just won't fly

For people with social anxiety, the workplace can be an isolating place

DREW HINSHAW
LIFE@METRONEWS.CA

The grim news, as handed down from the human genome project: Shyness may very well be genetic, an inescapable condition passed out at birth to thwart, among other pursuits, your career.

For the hopelessly shy, the contemporary workplace can be a dreadful and alienating environment — full of perceived slights and projected criticism.

"You live in a private world when you're shy, a world that is full of projections about what everybody else thinks," says Steve Flowers, author of The Mindful Path Through Shyness. "It isolates you from other people and leads you to be self-critical and harbor self-doubts. You begin to suspect that you're not as good as others."

Properly played, however, a touch of timidity can be a workplace asset. Super self-conscious workers are often more attentive to others, needs and more understanding of their faults.

"Social anxiety makes you feel a little sense of compassion for what others might be going through," Flowers says.

"If you can find a way to work that worst of all critics, the one inside of you, you'll find you're a lot more capable of working with those critics that are outside of you." STEVE FLOWERS

A touch of timidity can be an asset in the workplace.

Moreover, he adds, it's a condition that can be addressed through non-pharmaceutical means far cheaper than the selective serotonin re-uptake inhibitors peddled on antidepressant ads.

The psychotherapist recommends that workers with social anxiety take time out before important meetings or high-pressure situations to simply be.

"Spend the first 10 or 15 minutes before your big business meeting doing your best just to be in the moment," Flowers says. "Listen to the sounds of the office. Shift away from this whole notion of trying to impress people, which is a mental state, to a physical world of sensation."

Bell

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Healthy Control Participants Needed for Multiple Sclerosis Research Study

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Carleton UNIVERSITY

The purpose of the study is to understand how multiple sclerosis (MS) affects people's ability to think or perform mental tasks. This will be done by comparing performances on different tasks between healthy individuals who have not been diagnosed with MS and people who have MS.

Participants will complete tasks that measure how quickly you can process information as well as perform other mental functions. This will require 3 visits over a 3-year period to the General Campus of the Ottawa Hospital at times that are convenient to you. Parking expenses will be covered.

This study has been approved by the Ottawa Hospital Research Ethics Board and the Carleton University Research Ethics Board.

For more information & find out if you are eligible, please e-mail Lindsay Berrigan. lberrigan@toh.on.ca or call 613.737.7350 x.75621

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Fresh local food goes to school

Universities have become a haven for local produce

Fresh locally grown fruits and vegetables and other artisanal products are turning up on Canadian campuses as students embrace the trend of shopping at farmers markets.

McMaster University in Hamilton has just launched a market, the result of student Mary Koziol's passion for local food. It runs every Thursday in the centre of the campus.

"It's a completely not-for-profit venture," says the 22-year-old president of the university's student union. "But it's a start in terms of offering healthy and local options to those who study, work, and visit the McMaster campus."

At Brock University in St. Catharines, Ont., about a dozen local vendors bearing fruits, vegetables, cured meats, fresh lamb, cheeses, freshly baked bread and maple syrup descend on the campus every Friday. "We do it outdoors and have a barbecue going as well as live entertainment," says university spokesman Iain Glass, adding, "It is the social event of the week, a wonderful break for students and others as well."

Although the McMaster market is run by students, Koziol says the farmers who supply the produce "are invited to come and share their invaluable knowledge with us."

So far they have managed to source three area growers of fresh produce as a beginning, she says.

Robert Chorney, executive director of Farmers' Markets Ontario and chairman of Farmers' Markets Canada, says the campus markets are so far relatively unknown by his organization. "We have had inquiries from a few universities, but I know very little about what is going on with them," he says.

MATT TERRY/HANDOUT/THE CANADIAN PRESS

▶ Fresh locally grown fruits and vegetables and other artisanal products are turning up on Canadian campuses.

"We would be glad to help them in any way we can because it is so positive to see the students keen on local, fresh, nutritional food."

Dalhousie University in Halifax doesn't have a farmers market, but it has put in community gardens so students can grow fruits and vegetables, says university spokesman Charles Crosby.

The University of Waterloo's market is located in the Student Life Centre and is operated by student volunteers, says spokesman John Morris. Students teamed up with the university's Food Services division and produce is sourced from the Mennonite-run Elmira Produce Auction Co-operative. THE CANADIAN PRESS

Student growth

▶ **One of the** most ambitious projects is the farm at the University of British Columbia in Vancouver. Its market has become so successful that it runs twice a week, Wednesday and Saturday.

▶ "This is a pretty unique connection," says Mark Bomford, director for Sustainable Food Systems at the farm. "Most farmers markets rely on produce grown somewhere else, but the food for our market is grown right in our fields."

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Canada comes close to first win

As Jermaine Anderson put up a last-second three-pointer, he had every reason to think Canada was about to get its first win at the world basketball championships.

The Canadians were hot from beyond the arc early against Lithuania, but after driving down the sideline with the ball in the frantic final moments yesterday, Anderson missed the three and Canada lost 70-68.

"There was about two seconds when I looked up," said Anderson.

15
Jermaine Anderson led Canada with 15 points and five assists.

"Even if I drove it would have been good shot. I thought I would pull up where I hit a little bit of daylight, but the shot just didn't drop."

Time might be running out on Canada's chances to advance into the knockout rounds in Istanbul. With two losses already, a loss against France in its next game tomorrow would likely keep Canada from finishing in the top four of six Group D teams.

"We don't plan on giving up, and the players are not going to give up," Canadian head coach Leo Rautins said in a release.

THE CANADIAN PRESS

DARKO VOJINOVIC/THE ASSOCIATED PRESS

▶ Denham Brown drives to the basket against Lithuania.

Wie wins by three at Canadian Open

Twenty-year-old golfer shoots a 2-under-par 70 to win in Winnipeg

Rain wasn't the reason Michelle Wie was drenched after winning her second career victory at the CN Canadian Women's Open yesterday.

After the 20-year-old Hawaiian shot a 2-under-par 70 for a three-stroke victory, her longtime friend and fellow American player Christina Kim sprayed her with champagne on the 18th green.

"I was trying to run away from her," Wie said with a laugh.

"All I was thinking in my mind was, 'I'm wearing white pants — please be nice, Tina.'"

Wie was 12-under 276 for the tournament and earned $337,500 US from the $2.25-million event, the only LPGA Tour stop in Canada. Her first career win was last November at the Lorena Ochoa Invitational during her rookie season.

Wie led wire-to-wire at the Open, including an opening-round 65.

Heading into the final round, which saw dark clouds roll in with a few brief raindrops late in the day, Wie shared the top of the leaderboard with Jiyai Shin of South Korea at 10-under.

Shin shot a 1-over 73 and tied for second with Kristy McPherson of South Carolina (66), defending champion Suzann Pettersen of Norway (69) and Jee Lee Young from South Korea (69).

THE CANADIAN PRESS

Raising Kane

▶ Lorie Kane of Charlottetown was the low Canadian of the three Canucks in the 73-player field. She surged up the leaderboard with a 5-under 67 to end the day tied for 11th, her best finish since 2008.

JOHN WOODS/THE ASSOCIATED PRESS

▶ Michelle Wie celebrates her victory.

Fixing allegations rock cricket

England wrapped up the fourth and final Test against Pakistan before lunch at Lord's yesterday, winning a match tainted by corruption allegations by an innings and 225 runs.

Pakistan's final six wickets fell in a single session on Day 4 for the addition of 106 runs to give England a resounding 3-1 series win in its final Test before the Ashes and hand the tourists their heaviest ever Test defeat.

$232,000
The value of the payment for the alleged fixing scheme.

Pakistan capitulated to a second-innings 147 after following on.

But England's remarkable recovery from 47-5 on the second day has been overshadowed by the allegations hanging over Pakistan bowlers Mohammad Amir and Mohammad Asif.

There is no suggestion that Pakistan's players conspired to lose the match but police have questioned them after British newspaper News of the World alleged in its Sunday edition that they were paid to bowl no-balls during Thursday's opening day.

THE ASSOCIATED PRESS

Sports in brief

Will McNabb miss opener?

NFL. It could be a smoke screen or just a cautious assessment of his quarterback's health, but Mike Shanahan says he's not certain that Donovan McNabb will be available for the Washington Redskins' season opener against the Dallas Cowboys.

Crash at race kills teenager

MOTORCYCLE. A 13-year-old motorcycle racer died yesterday after falling off his bike and getting run over by another motorcycle at Indianapolis Motor Speedway.

Peter Lenz of Vancouver, Wash., was pronounced dead after sustaining "traumatic injuries." THE ASSOCIATED PRESS

4 sports

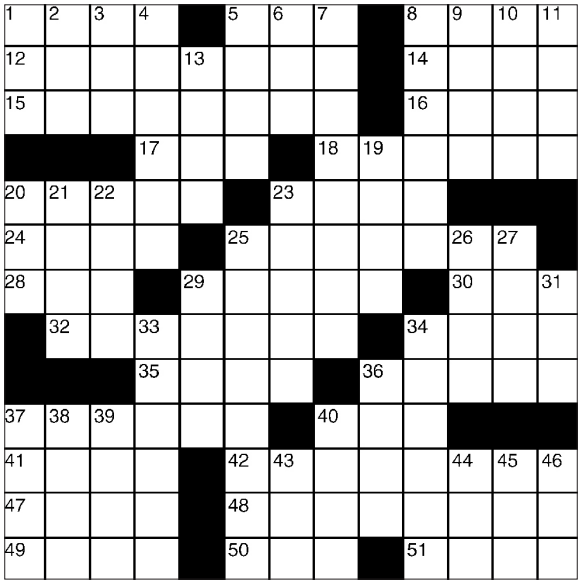
Quoted

"It just got to me. Emotion caught up. I'm a very, very proud man today, and this was probably was the proudest day of my life."
FRANK THOMAS, ON HAVING HIS NUMBER RETIRED BY THE CHICAGO WHITE SOX YESTERDAY.

"You want to talk White Sox, Frank Thomas' name has got to be No. 1 ... I think Frank Thomas did stuff for this organization that people are not going to forget."
OZZIE GUILLEN, THOMAS' FORMER TEAMMATE AND MANAGER

Scan code for sports

Crossword



Across

1 Smooch
5 Light-switch setting
8 Golf ball holders
12 Handel's "Messiah," e.g.
14 And others (Abbr.)
15 Aardvark
16 Emanation
17 Donkey
18 With almost no effort
20 Grown-up
23 Competent
24 Scottish girl
25 Moviehouse
28 Compass dir.
29 The — and the Papas
30 Disencumber
32 "— love hath no man ..."
34 Typical dog's name
35 Catcher's aid
36 Environmentally friendly
37 Briny
40 — Lanka
41 Arkin orAlda
42 Fast-firing rifle
47 Heard reveille
48 Move to another country
49 Appear
50 Press for payment
51 Hosiery mishap

Down

1 — constrictor
2 Coffee vessel
3 Perched
4 Filches
5 Table scraps
6 "A pox upon thee!"
7 Ancestor
8 Afternoon service?
9 Needle case
10 Viscount's superior
11 Do in
13 Brewer's kiln
19 "Sad to say, ..."
20 Hearty quaff
21 "Phooey!"
22 Addict
23 Record producer Ertegun
25 In shreds
26 See 39-Down
27 Roller coaster, for one
29 Primary
31 Mafia bigwig
33 Marshall Mathers' nom de rap
34 Monks
36 Diver Louganis
37 Cutting tools
38 Lotion additive
39 With 26-Down, War of 1812 battle site
40 Whirl
43 Ostrich's cousin
44 Light brown
45 Greek vowel
46 — U.S. Pat. Off.

▶ Yesterday's answer

Sudoku

		7				3	6	
1	3						5	
			2		3	4		
		5			7	8		6
			5		6			
8		2	3			1		
		9	6		4			
	2						8	4
	1	6				9		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	7	9	4	8	5	6	3	1
8	1	5	3	6	2	4	9	7
4	3	6	1	9	7	2	5	8
6	8	2	7	5	4	9	1	3
3	5	7	9	1	6	8	2	4
1	9	4	2	3	8	7	6	5
7	4	3	6	2	1	5	8	9
5	2	1	8	7	9	3	4	6
9	6	8	5	4	3	1	7	2

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Brad...
How is it possible that we are celebrating our 30th Anniversary, when we are still only 25? I love you more today that yesterday, but not as much as tomorrow! Happy Anniversary, Babe!
LOVE, BARB XO

Curtis, Je t'aime avec tout mon coeur pour toujours. Kissy kissy Mwah
NIKI

My dearest Jaclyn you complete. I could not imagine my life without you. You are so beautiful! I will love you always.
LOVE MOE

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Today	Tuesday	Wednesday
Sunny 30°/ 24°	Sunny 31° / 23°	Sunny 30°/ 22°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may find it hard to say sorry for what you said or did over the weekend, but make the effort because the last thing you need is for bad feelings to spoil will be an excellent week.

♉ Taurus April 21-May 21 Something will happen today that triggers an excessive reaction on your part. Later on, when you've managed to calm down a bit, you'll wonder why you responded in such a forth-right manner.

♊ Gemini May 22-June 21 Get up and get out and start making things happen. There are so many good things in life that could have your name written on them, but you must go out and look for them.

♋ Cancer June 22-July 22 Your confidence will be sky-high as the new week begins and you will no doubt wonder why you allowed yourself to get so down earlier in the month.

♌ Leo July 23-Aug.23 The current cosmic picture suggests you are worried that if you draw attention to yourself you might end up looking silly. On the contrary, you're a Leo and Leos never look silly.

♍ Virgo Aug. 24- Sept. 22 It may seem as if you can do no wrong at the moment but the planets warn there is someone out there who is looking for an opportunity to bring you down and profit at your expense, so be careful. Success breeds rivals.

♎ Libra Sept. 23-Oct. 23 Act as if you believe in yourself, even if you are far from sure that you know what you are doing.

♏ Scorpio Oct. 24-Nov. 22 Opportunity is knocking and all you have to do is get up and answer the door. It's time to get up and get going.

♐ Sagittarius Nov. 23-Dec. 21 Put your own needs first today and get ready for accusations that you think only of yourself. It isn't true, of course, but every now and again you need to be selfish.

♑ Capricorn Dec. 22-Jan. 20 Honesty is a must as the new week begins, even if some of the things you have to say are hardly likely to make you popular. That's okay. As a Capricorn you don't care what others think about you. You care only for results.

♒ Aquarius Jan. 21-Feb. 18 Things are not as bad as you fear, financially at least, so stop worrying about how you are going to make ends meet and focus your mind on more positive thoughts. Be creative and your cash flow will take care of itself.

♓ Pisces Feb. 19-March 20 If you think lucky and act lucky today chances are you will enjoy an extremely fortunate week. Your best opportunities for success will come through other people, so don't cut yourself off from the world. Be sociable. SALLY BROMPTON

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JOANN BIONDI/THE ASSOCIATED PRESS

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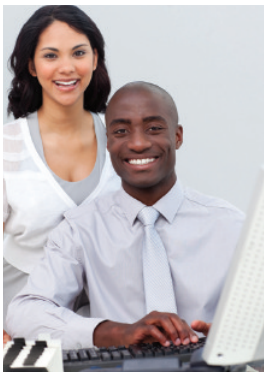

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- km: 69385

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10 Mazda3
- Std
- st: 29960
- km: 126

$15,840
$128*** Bi-weekly

06 Pathfinder SE
- 4WD, Load, A/C
- st: 28503
- km: 82663

$19,850
$209* Bi-weekly

08 Sorento 4WD
- Load, A/C, Auto,
- st: 10155-A
- km: 64059

$16,900
$137*** Bi-weekly

06 Matrix
- A/C, Std
- st: 29661
- km: 77004

$8,860
$93* Bi-weekly

09 Nissan Sentra
- Load, A/C, Auto
- st: 29666
- km: 51023

$11,850
$96*** Bi-weekly

06 Ford Escape 4WD
- Load, A/C, Auto, Lthr
- st: 31021
- km: 75791

$14,680
$155* Bi-weekly

08 Pontiac G5
- A/C, Auto
- st: 29152
- km: 59693

$8,750
$71*** Bi-weekly

10 Camry LE
- Load, A/C, Auto
- st: 29736
- km: 31787

$19,840
$161*** Bi-weekly

07 Caliber SXT
- Load, A/C, Std
- st: 29604
- km: 79217

$9,940
$91** Bi-weekly

07 Rabbit
- Load, A/C, Roof, Std
- st: 31059
- km: 69949

$12,860
$117** Bi-weekly

07 Civic Coupe
- Load, A/C, Std
- st: 31075
- km: 48029

$11,840
$108** Bi-weekly

08 Town & Country
- Load, A/C, Lthr
- st: 29912
- km: 75433

$20,870
$161*** Bi-weekly

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- km: 54497

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- 4x4, Load, A/C
- st: 29894
- km: 94964

$15,860
$144** Bi-weekly

07 Ford Ranger
- A/C, Auto
- st: 31003
- km: 51764

$15,970
$145** Bi-weekly

07 Mazda B4000
- 4x4, Load, A/C, Std
- st: 31057
- km: 61036

$13,760
$125** Bi-weekly

07 Econoline E250
- Super Duty, A/C
- st: 28294
- km: 75138

$17,360
$158** Bi-weekly

10 Dodge Journey
- Load, A/C
- st: 29473
- km: 20291

$18,850
$161*** Bi-weekly

09 Dodge Avenger
- Load, A/C, Auto
- st: 29707
- km: 62599

$11,850
$95*** Bi-weekly

06 GMC Canyon
- 4x4, A/C, Auto
- st: 29365
- km: 43250

$15,950
$168* Bi-weekly

06 Avalanche Z71
- 4x4, Load, A/C
- st: 29674
- km: 76635

$19,650
$207* Bi-weekly

06 Sierra 1500 Z71
- 4x4, Auto, Load, A/C
- st: 29204
- km: 40533

$21,850
$223* Bi-weekly

08 Ridgeline RTL
- 4x4, Load Lthr, Roof
- st: 28708
- km: 17184

$32,890
$254*** Bi-weekly

06 Uplander LT
- Load, A/C, Auto
- st: 28161
- km: 99339

$8,950
$94* Bi-weekly

07 Prius Hybrid
- Load, A/C, Auto
- st: 28376
- km: 79869

$15,780
$153** Bi-weekly

07 Raider LS
- Load, A/C, Auto
- st: 28990
- km: 37060

$17,890
$163* Bi-weekly

09 Frontier SE
- 4x4, Load A/C, Auto
- st: 28694
- km: 32182

$25,980
$201*** Bi-weekly

07 Tundra SR5
- 4x4, A/C, Auto
- st: 28556
- km: 47596

$29,850
$261*** Bi-weekly

07 Ford F-350 XLT
- 4x4, Load, Diesel
- st: 29010
- km: 60151

$33,840
$296** Bi-weekly

07 Chevrolet HHR
- Load, A/C, Std
- st: 29717
- km: 62456

$9,650
$88** Bi-weekly

06 Tucson
- Load, A/C Auto
- st: 29878
- km: 80243

$10,650
$112* Bi-weekly

10 Ford F-150
- 4x4, Load, A/C
- st: 29976
- km: 34488

$25,840
$200*** Bi-weekly

09 Chevrolet G15
- A/C
- st: 28312
- km: 38582

$21,860
$169*** Bi-weekly

09 Dodge Ram SLT
- 4x4, Load, A/C, Auto
- st: 29827
- km: 58042

$24,950
$193*** Bi-weekly

10 Ford F-250 XLT
- 4x4, Diesel
- st: 29458
- km: 14352

$43,750
$338*** Bi-weekly

06 Mazda5
- Load, A/C, Roof, Std
- st: 29306
- km: 90487

$10,650
$112* Bi-weekly

09 Jeep Liberty
- 4WD, Load, A/C, Auto
- st: 29150
- km: 55813

$17,950
$145*** Bi-weekly

10 Nissan Altima
- Load, A/C, Auto
- st: 29881
- km: 21934

$19,850
$161*** Bi-weekly

06 Acura TL
- Load, Auto Roof, Lthr
- st: 29932
- km: 85859

$17,850
$188* Bi-weekly

06 Santa Fe
- Load, A/C, Auto
- st: 29790
- km: 95236

$10,830
$114* Bi-weekly

07 Yaris
- Std
- st: 29044
- km: 77412

$8,350
$76** Bi-weekly

06 Mazda RX-8
- Load, A/C, Auto, Roof
- st: 31024
- km: 42296

$16,970
$179* Bi-weekly

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$500

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